



April is here and by now many of you have transitioned into your “home offices” or are staying home with loved ones and my hope is that even amongst all these uncertainties you are starting to find some comfort in your new routines. We know change is not easy and doesn't come without some hiccups, but I want to thank all of you for your commitment in continuing to provide quality customer service during these difficult times. In this edition of my bulletin I'd like to

remind everyone to keep those lines of communication open with your co-workers and supervisor, monitor your health and maintain a work/life balance, and reach out if you have any questions or concerns.

COPING WITH STRESS DURING THIS PANDEMIC

See the [attached document](#) which I hope is helpful to those coping with stress during this difficult time. We all manage our stress differently and we need to be sensitive to others concerns while dealing with ourselves. There are some simple guidelines that you can follow starting with staying informed from credible sources, keeping a positive attitude, and staying connected to family, friends, and co-workers. We always have EAP resources available to employees and the National City family is here to support you.

DISASTER SERVICE WORKERS

Since the start of the COVID-19 crisis, there have been questions regarding what it means to be a designated disaster service worker. As City employees, we are a vital and important part of the National City Emergency Plan and the San Diego County Operational Area Emergency Plan. Under State law, all government employees are disaster service workers who can be called upon in any emergency as specified in the California Government Code. [Click here](#) for the city's official memo. Team HR has put together an [online training](#) that helps explain this important designation that we all share.

CARES Act

On March 27, 2020, President Donald Trump signed the Coronavirus Aid, Relief, and Economic Security Act (CARES Act) providing approximately \$2 trillion in emergency relief and economic stimulus intended to combat the effects of the coronavirus pandemic. The bill's provisions include cash payments to individuals, expanded unemployment benefits, assistance and relief to business, states, local governments, airports and transit, among other support. For more information about the CARES Act [click here](#). We are assessing how this, and other, legislation impacts our employees and will keep you posted as soon as we have credible information to share.

DISCOVER NATIONAL CITY

In response to the hard times that have fallen upon our businesses, the City has developed a campaign to help boost the visibility of our small businesses. We have created a special

Facebook event page through the City's Facebook page dedicated to eateries open for business during COVID-19. The community driven event page launched this past Sunday. The goal of the campaign is to create a community hub where people can discover small businesses in National City by asking for recommendations, posting favorite dishes and sharing who is open for business. Help us spread the word and [join the event page](#) today.